

AQUATICS (ALL LESSONS 40 MINUTES)

**CHILD MUST HAVE MET
THE MINIMUM AGE REQUIREMENTS
BY THE FIRST DAY OF CLASS.**

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.
Parent/child.

Dates: Tues., 10:10 a.m., Sept. 28-Nov. 16 (#11838)

Tues., 5 p.m., Sept. 28-Nov. 16 (#11839)

Wed., 9:30 a.m., Sept. 29-Nov. 17 (#11840)

Sat., 10:10 a.m., Oct. 2-Nov. 20 (#11841)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and
beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Sept. 28-Nov. 16 (#11843)

Tues., 5:40 p.m., Sept. 28-Nov. 16 (#11846)

Wed., 10:10 a.m., Sept. 29-Nov. 17 (#11845)

Wed., 6:20 p.m., Sept. 29-Nov. 17 (#11844)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Twos Tots (Age 2) (8 classes)

Pre-requisite: Parent Tot I/II (no exceptions).

Dates: Fri., 9:30 a.m., Oct. 1-Nov. 19 (#12077)

Fri., 10:10 a.m., Oct. 1-Nov. 19 (#12078)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Sept. 27-Nov. 15 (#11847)

Wed., 10:50 a.m., Sept. 29-Nov. 17 (#11851)

Wed., 5 p.m., Sept. 29-Nov. 17 (#11850)

Thurs., 10:50 a.m., Sept. 30-Nov. 18 (#11848)

Sat., 10:50 a.m., Oct. 2-Nov. 20 (#11849)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Sept. 27-Nov. 15 (#11853)

Mon., 5:00 p.m., Sept. 27-Nov. 15 (#11854)

Tues., 6:20 p.m., Sept. 28-Nov. 16 (#11855)

Thurs., 9:30 a.m., Sept. 30-Nov. 18 (#11856)

Sat., 8:50 a.m., Oct. 2-Nov. 20 (#11857)

Sun., 12:10 p.m., Oct. 3-Nov. 21 (#11852)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I

Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Sept. 27-Nov. 15 (#11864)

Tues., 9:30 a.m., Sept. 28-Nov. 16 (#11860)

Wed., 5:40 p.m., Sept. 29-Nov. 17 (#11859)

Thurs., 5 p.m., Sept. 30-Nov. 18 (#11861)

Sat., 8:10 a.m., Oct. 2-Nov. 20 (#11863)

Sat., 9:30 a.m., Oct. 2-Nov. 20 (#11862)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites:
jump into water, swim 1/2 length on stomach and back
and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Sept. 27-Nov. 15 (#11865)

Mon., 7 p.m., Sept. 27-Nov. 15 (#11868)

Wed., 7 p.m., Sept. 29-Nov. 17 (#11869)

Thurs., 10:10 a.m., Sept. 30-Nov. 18 (#11866)

Thurs., 5:40 p.m., Sept. 30-Nov. 18 (#11867)

Sun., 12:50 p.m., Oct. 3-Nov. 21 (#11870)

Location: Friendship Center, Rec. Pool

Fee: \$71R/\$74NR/\$56M

Cat Fish (8 classes)

Water safety, skill development, and refinement.

Prerequisites: Jump into deep water, tread water for
30 seconds, swim length of pool on stomach and back,
surface dive and retrieve ring.

Dates: Mon., 5:40 p.m., Sept. 27-Nov. 15 (#11872)

Thurs., 6:20 p.m., Sept. 30-Nov. 18 (#11873)

Sun., 1:30 p.m., Oct. 3-Nov. 21 (#11874)

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke
development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Sept. 30-Nov. 18 (#11875)

Sun., 2:10 p.m., Oct. 3-Nov. 21 (#11876)

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M

Eels (8 classes)

Must be able to swim the length of the pool. Competi-
tive stroke improvement.

Dates: Thurs., 5:30 p.m., Sept. 30-Nov. 18 (#11877)

Sun., 2:50 p.m., Oct. 3-Nov. 21 (#11878)

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M

AQUACISE (CONT.)

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7 p.m., Sept. 30-Nov. 18

Location: Friendship Center, Lap Pool

Fee: \$71R/\$74NR/\$56M (#11879)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$156R/\$166NR/\$130M (#11908)

***Group-Private (class of 4):** \$97R/\$100NR/\$75M per person (#11923) (*must register as group.)

***Semi-Private (max two):** \$225R/\$235NR/\$180M (#11909)

Masters Swim Team (18+) (30 classes)

Fun, Fitness and Friendly Competition! This program offers on deck coaching for competitive and fitness swimmers of varying levels and abilities. Swim meets are optional. Sign up for 1, 2, or all 3 days (prorated).

Dates: Mon./Wed./Fri., 6:30-8 p.m., Sept. 27-Dec. 3

Location: Friendship Center, Lap Pool

Fee: \$97R/\$107NR/\$77M (#11898)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Sept. 28-Nov. 16 (#11945)

Fri., 1 p.m., Oct. 1-Nov. 19 (#11946)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, September 25, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (#11933)

Pump Up the Jam – w/Roxanne (20 classes)

High intensity, low impact. All types of equipment with cardio/toning workout and groove to the music. All levels welcome.

Dates: Mon./Wed., 6:15-7:15 a.m., Sept. 27-Dec. 1

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M (#11925)

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Lap Pool

Fee: \$69R/\$74NR/\$53M (#11880)

Aqua Fitness w/Gina (20 classes)

High energy, low impact. Aqua equipment used. No stress on joints. All levels welcome.

Dates: Tues./Thurs., 7:15-8:15 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M (#11913)

Aquatic Arthritis w/Mary Jo (26 classes)

Range of motion exercise for flexibility and coordination.

Dates: Mon./Wed./Fri., 10:45-11:45 a.m., Sept. 27-Nov. 24

Fee: \$89R/\$94NR/\$71M (#11888)

Location: Friendship Center, Therapy Pool

Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., Sept. 28-Dec. 7

Location: Friendship Center, Lap Pool

Fee: \$69R/\$74NR/\$53M (#11897)

All Over Aquacise Body Workout w/Roxanne (20 classes)

High energy cardio, strength training and sculpting. Lots of equipment — you'll be surprised what you can do!

Dates: Tues./Thurs., 6:15-7:15 a.m., Sept. 28-Dec. 7

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M (#11926)

Water Aerobics w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., Sept. 28-Dec. 7

Location: Friendship Center, Lap Pool

Fee: \$69R/\$74NR/\$54M (#11886)

Body Tone Workout w/Roxanne (10 classes)

It's Friday! Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on the abs.

Dates: Fri., 6:15-7:15 a.m., Oct. 1-Dec. 3

Location: Friendship Center, Therapy Pool

Fee: \$41R/\$44NR/\$32M (#11893)

Aqua Boot Camp w/Karen/Lori (10 classes)

Benefits of boot camp style exercise in a non-impact environment.

Session I: Sat., 8-8:30 a.m., Oct. 2-23 (#12065)

Session II: Sat., 8-8:30 a.m., Oct. 30-Nov. 20 (#12066)

Location: Friendship Center, Therapy Pool

Fee: \$40R/\$43NR/\$32M



AQUACISE (CONT.)

Aqua Zumba w/Sybil (20 classes)



The newest craze with a wave!

Dates: Mon./Wed., 6:15-7 p.m., Sept. 27-Dec. 1 (#12068)

Tues./Thurs., 7:15-8 p.m., Sept. 28-Dec. 9 (#12069)

Location: Friendship Center, Therapy Pool

Fee: \$69R/\$74NR/\$53M

Deep Water Walkers w/Sybil (20 classes)

22 exercises in 30 minutes. Burn more calories in less time without stress on your body. Cost of Walkers not included (\$50). Payment for shoes due at first class.

Dates: Mon./Wed., 5:30-6:15 p.m., Sept. 27-Dec. 1

Location: Friendship Center, Lap Pool

Fee: \$62R/\$65NR/\$50M (#12064)

ATTENTION SENIORS

The Friendship Center is now participating in the Medicare Forever Fit program and Silver and Fit for seniors. Forever Fit is a senior fitness program offered through several health care providers that supplement medicare. It allows participating seniors the opportunity to have a free Friendship Center membership. Call 657-5635 (106) to see if you qualify!

Especially For You...

GIFT CERTIFICATES AVAILABLE!

Programs, Trips & Membership — ALL KINDS OF FUN THINGS! Treat your friends and family to the gift of Friendship!

FINANCIAL ASSISTANCE GRANT PROGRAM - SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

MASSAGE/ WELLNESS

MASSAGE THERAPY FRIENDSHIP CENTER



Doria
Walsh, CMT



Billy
Smith, CMT

Take time to relax . .

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DO YOU HAVE QUESTIONS ABOUT WELLNESS?

OUR WELLNESS COACH
IS HERE FOR YOU!

Kim can give you a tutorial on fitness equipment or answer any questions you may have about fitness, weight training, nutrition, stress reduction, cardiovascular exercise, or anything else related to fitness.



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